

Effect of Telmisartan on Blood Pressure in Patients of Type 2 Diabetes With or Without Complications.

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- Stage 1 hypertensive patients (BP \geq 140/80 mmHg but $<$ 160/100 mmHg) were divided into 2 groups:
 - **Group A:** Diabetic hypertensive patients without complication.
 - **Group B:** Diabetic hypertensive patients with one or more complications.
- Telmisartan (20-80 mg/day) treatment was prescribed for 132 patients for 12 weeks.
- Change from baseline systolic BP in Groups A and B was -19.5 mmHg and -24.9 mmHg, respectively. Reduction in diastolic BP was also significant in two groups.
- In Group A and B, change from baseline fasting plasma glucose (FPG) was -3.7 mg/dL and -8.4 mg/dL; reduction of post-prandial plasma glucose (PPG) was -14.8 mg/dL and -36.9 mg/dL, respectively.

Telmisartan is effective in lowering BP and improving metabolic parameters in stage 1 hypertensive patients of T2DM with or without complications.